

Rochester Recreation Center

21 Elton Hills Drive NW

(507) 328-2500

Red Cross Lifeguarding Class

May 2016



PREREQUISITE - Student will be tested for following skills:

Minimum age: 15 (must provide proof of age on first day of class).

- Swim 300 yards continuously using these strokes in the following order:
+100 yards front crawl using rhythmic breathing and a stabilizing, propellant kick.
+100 yards breaststroke.
+The last 100 yards may be a mixture of front crawl or breaststroke.
- Swim 20 yards front crawl or breaststroke, dive to a depth of 7 to 10 feet, retrieve a 10-pound object and return to the surface and swim 20 yards back to the starting point.
- Tread water for two (2) minutes without the use of your hands.

CERTIFICATION REQUIREMENTS

- Pass one written test with a minimum grade of 80 percent or better on each section.
- Successfully complete four final skill scenarios.
- Successfully performs all critical skills.

PLEASE NOTE: *Students should wear appropriate swimwear for performing rescues in the water; no bikini type swim suits.*

CLASS FEE - \$225.00. This fee includes the American Red Cross Lifeguard Training manual and a pocket mask breathing barrier. Register at the Rochester Recreation Center Office or by calling 507-328-2500. Visa, Discover and MasterCard are accepted. Class size is limited.

CLASS DATES/TIMES:

Friday, May 13th – 6:00 p.m.-10:00 p.m.; Saturday, May 14th – 8:00 a.m.-6:00 p.m. and Sunday, May 15th – 8:00 a.m.-6:00 p.m.

Meet on the pool deck on Friday, May 13th at 6:00 p.m.

Lifeguard Training class will qualify individual to work in a pool setting - not ocean or surf beach.

Course of instruction established by AMERICAN RED CROSS.